

# **A Two Day Tai Chi Chuan workshop with Sifu Andy James**

**Founder and Chief instructor of the Toronto Tai Chi and Meditation Centre**

## **An “Insight” into Tai Chi Chuan**

**Saturday 10 October 2009:** Tai Chi Chuan and internal arts theory, short form and Tai Chi Chuan basics.

**Sunday 11 October 2009:** Tai Chi Chuan long form, structure, qigong, push hands and martial applications.

**St Joseph’s Community Centre, Shibdon Road, Blaydon Tyne and Wear, NE21 5AE**

Both days start 10am and finish at 4pm. Please bring a packed lunch.

Tea and refreshments will be available.

**This workshop is open to anyone interested in exploring the deeper aspects of Tai Chi Chuan and in particular those who practice the form as taught by the late Miss Rose Li.**

**One day attendance: £50 (£45 if you pay before 30 April 2009)**

**Two day attendance: £90 (£80 if you pay before 30 April 2009)**



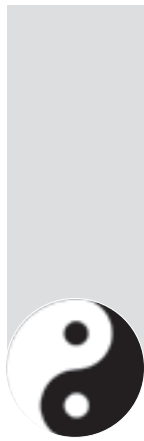
**Andy James** - Founder and Chief Instructor of the Toronto Tai Chi and Meditation Centre. Sifu James was trained as a teacher of Insight Meditation (Vipassana) by the renowned Thai meditation master and author, Dhiravamsa. His first and main teacher in the Internal Martial Arts of Tai Chi Chuan, Baguazhang and Xingyiquan was Miss Rose Li, Sifu James has studied medical and martial Qigong under Professor Jerry Alan Johnson and is a qualified Medical Qigong Therapist. He is also a Zen Shiatsu therapist. He is a member of the Forge Guild, an international association of trans-traditional spiritual leaders and teachers.

For further details call Steve on:

**07876 683 616.**

**[www.netaichi.org.uk](http://www.netaichi.org.uk)**

**Email: [steve@netaichi.org.uk](mailto:steve@netaichi.org.uk)**



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**Enrolment form - please fill in the form and return to us at the address below and remember the early bird discount runs out after 30 April 2009.**

Name: .....

Address: .....

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Telephone: .....

Email: .....

Medical Statement - if you have a medical condition please let us know here:

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I wish to attend  Saturday  Sunday. I enclose a cheque for £ .....

Please send cheques to:

Netaichi  
c/o 19 Algernon Terrace  
Wylam  
Northumberland  
NE41 8AX